



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15023, Fish, mahimahi, raw

Report Date: June 25, 2017 18:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
Proximates						
Water	g	77.55	2	--	65.92	158.20
Energy	kcal	85	--	--	72	173
Energy	kJ	356	--	--	303	726
Protein	g	18.50	1	--	15.72	37.74
Total lipid (fat)	g	0.70	1	--	0.59	1.43
Ash	g	2.10	1	--	1.78	4.28
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	15	--	--	13	31
Iron, Fe	mg	1.13	--	--	0.96	2.31
Magnesium, Mg	mg	30	--	--	26	61
Phosphorus, P	mg	143	--	--	122	292
Potassium, K	mg	416	1	--	354	849
Sodium, Na	mg	88	2	--	75	180
Zinc, Zn	mg	0.46	65	0.035	0.39	0.94
Copper, Cu	mg	0.041	64	0.002	0.035	0.084
Manganese, Mn	mg	0.015	--	--	0.013	0.031
Selenium, Se	µg	36.5	--	--	31.0	74.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.020	--	--	0.017	0.041

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
Riboflavin	mg	0.070	--	--	0.060	0.143
Niacin	mg	6.100	--	--	5.185	12.444
Pantothenic acid	mg	0.750	--	--	0.637	1.530
Vitamin B-6	mg	0.400	--	--	0.340	0.816
Folate, total	µg	5	--	--	4	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	4	10
Folate, DFE	µg	5	--	--	4	10
Vitamin B-12	µg	0.60	--	--	0.51	1.22
Vitamin A, RAE	µg	54	--	--	46	110
Retinol	µg	54	--	--	46	110
Vitamin A, IU	IU	180	--	--	153	367
Lipids						
Fatty acids, total saturated	g	0.188	--	--	0.160	0.384
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	1	--	0.001	0.002
14:0	g	0.014	3	0.007	0.012	0.029
16:0	g	0.120	3	0.022	0.102	0.245
18:0	g	0.046	3	0.006	0.039	0.094
Fatty acids, total monounsaturated	g	0.121	--	--	0.103	0.247
16:1 undifferentiated	g	0.023	3	0.015	0.020	0.047
18:1 undifferentiated	g	0.086	3	0.013	0.073	0.175
20:1	g	0.003	2	--	0.003	0.006
22:1 undifferentiated	g	0.009	2	--	0.008	0.018
Fatty acids, total polyunsaturated	g	0.165	--	--	0.140	0.337
18:2 undifferentiated	g	0.036	3	0.018	0.031	0.073
18:3 undifferentiated	g	0.005	1	--	0.004	0.010
18:4	g	0.005	1	--	0.004	0.010
20:4 undifferentiated	g	0.002	1	--	0.002	0.004
20:5 n-3 (EPA)	g	0.020	3	0.012	0.017	0.041

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 204g
22:5 n-3 (DPA)	g	0.009	2	--	0.008	0.018
22:6 n-3 (DHA)	g	0.088	3	0.009	0.075	0.180
Cholesterol	mg	73	1	--	62	149
Amino Acids						
Tryptophan	g	0.207	--	--	0.176	0.422
Threonine	g	0.811	--	--	0.689	1.654
Isoleucine	g	0.852	--	--	0.724	1.738
Leucine	g	1.504	--	--	1.278	3.068
Lysine	g	1.699	--	--	1.444	3.466
Methionine	g	0.548	--	--	0.466	1.118
Cystine	g	0.198	--	--	0.168	0.404
Phenylalanine	g	0.722	--	--	0.614	1.473
Tyrosine	g	0.625	--	--	0.531	1.275
Valine	g	0.953	--	--	0.810	1.944
Arginine	g	1.107	--	--	0.941	2.258
Histidine	g	0.545	--	--	0.463	1.112
Alanine	g	1.119	--	--	0.951	2.283
Aspartic acid	g	1.894	--	--	1.610	3.864
Glutamic acid	g	2.762	--	--	2.348	5.634
Glycine	g	0.888	--	--	0.755	1.812
Proline	g	0.654	--	--	0.556	1.334
Serine	g	0.755	--	--	0.642	1.540
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0